



## City of Gaithersburg Press Release

**Contact:** Public Information Director  
City of Gaithersburg  
301-258-6310  
cityhall@gaithersburgmd.gov

### For Immediate Release

## **“Be Your BEST Fest” Celebrates Mindfulness, Movement & Family Fun**

**Gaithersburg, MD (May 12, 2021)** Join Casey Community Center for its **Be Your BEST Fest** on Saturday, May 22, 2021, from 1 to 3 p.m. The free outdoor community event focuses on family fun, fitness, crafts, and more. Be Your BEST Fest highlights the importance of physical activity, mindful eating, and being healthy, confident, and kind. Sign up [online here](#).

Celebrate your best self with fun activities, sample fitness classes, story time, Let's Cook@Casey demonstrations, and more. This is also a great opportunity to learn more about the many programs and activities offered by Casey Community Center and the City of Gaithersburg this summer.

The City follows COVID-19 health and safety guidelines established by the Montgomery County Health Department and the CDC. Social distancing will be enforced. Only service dogs are permitted. Please leave all pets at home. **Even though this is an outdoor event, face masks are required and must be worn at all times.**

Featured activities and vendors include:

- Sample fitness and dance classes
- [Let's Cook@Casey](#) cooking skills demonstrations and take-home recipes
- Superhero and Princess Meet & Greet
- Story Time for Kids
- Juggling Entertainer
- Crafts
- Community Art Projects
- Kona Shaved Ice Truck (available to purchase refreshments)
- Game Wheel with Gaithersburg [Mini Golf](#)
- [Aquatics](#) & the [Water Park at Bohrer Park](#)
- [Summer Camps](#) & [Youth Sports](#) programs
- [Recreation Classes](#)
- [Main Street & Casey Farmers Market](#) information
- Gaithersburg [Police Department](#)
- [Benjamin Gaither Center](#) for Seniors
- [Casey Community Center](#) Programs, Events, and Services
- Learn Music Now
- Meet the winner of The Great Gaithersburg Bake-Off and receive the winning recipe

[Casey Community Center](#), home to a Thursday Farmers Market, the popular Creative Tot Time program, Let's Cook@Casey, and much more, is located at 810 South Frederick Avenue. For more information visit [www.gaithersburgmd.gov](http://www.gaithersburgmd.gov) or call 301-258-6366. Follow on Facebook [@CaseyCommunityCenter](#).

###